

# Newsletter October 2022

## Local news and services

### Adult Befriending's new Intergenerational Group

The Adult Befriending Team's new intergenerational group at the Life Centre got underway on Monday 26 September. The previous week Pamela Scott, the Adult Befriending Co-ordinator had gone to meet Primary 7M at Papdale Primary School. She had prepared a baseline questionnaire with four simple questions:



- What is old? (humble, wise, scary, loves a nap, bad backs)
- Describe an older person (smells of candles, cardigans, not great with tech)
- What do older people do? (sewing, watch Emmerdale, post letters)
- What benefits will we get from working with older people? (gain more history, learn their secret recipes)

Pamela then shared with them the ABS service outcomes and discussed what her job involved. The pupils were delighted to be asked to join an over 60s group at the Life Centre once a week.



Six pupils will come from Papdale Primary School every Monday afternoon during term time to join the over 60s. The same six pupils will get to come for three weeks in a row before the group changes. This will continue up until Christmas and beyond until every pupil from 7M has had the opportunity to come three times. Then the questionnaire will be issued again to see if perceptions have changed.

The main aims of the project are inclusion, building relationships and developing communication skills. The emphasis is on shared learning, rather than seeing older people as a group who need to be entertained.



Pamela has now run the group three times. On the first week the pupils picked a board game and chose a group member they wanted to play it with. During the second session members taught the pupils how to play adult Scrabble and a mixture of different card games such as 'Rummy' and 'King of the Corner'. The pupils were able to choose what they wanted to do for the third session. Two groups played adult Scrabble, another group played Uno and two boys took part in a craft activity led by one of the ladies.

The pupils were able to evaluate their three weeks' activities.

A few weeks ago the pupils had been asked to describe an older person. One said, 'reading glasses, grey hair, wrinkles'. When asked the same question after three weeks his answer was 'fun'.

The pupils have been an absolute pleasure to work with. There has been a wonderful atmosphere, one of patience, compassion and respect for one another. New friendships have been made and new skills learned. Next week the group look forward to inviting a new cohort of pupils.

## Cost of Living and the #runningcostscrisis

The cost of living crisis is not just affecting us as individuals in terms of our electricity bills and the weekly food shop. It is also affecting businesses, voluntary groups and third sector organisations, particularly those who own buildings and deliver services from these community facilities.

VAO can provide a range of tailored advice and support for voluntary organisations, large or small, from support with reprofiling your budgets, to advice about potential sources of funding or training in fundraising. Please contact us if we can help you in these difficult times, no matter how small or large your concerns are, or whether you have immediate issues or concerns for the future. Email [enquiries@vaorkney.org.uk](mailto:enquiries@vaorkney.org.uk) or phone 01856 872897.

In addition, the Scottish Council for Voluntary Organisations (SCVO) has set up a new campaign called #runningcostscrisis to advocate on behalf of the sector, as well as providing advice and support, which is hosted [here](#). They are keen to hear from you about the impacts on your organisation so take a look at the campaign page.

## 16 Days of Activism against Gender-Based Violence

The [16 Days of Activism against Gender-Based Violence](#) is an annual international campaign that starts on 25 November, the International Day for the Elimination of Violence against Women, and runs until 10 December, Human Rights Day.



The National Violence Against Women Network have developed a toolkit of resources to add value to local 16 Days of Activism Against Gender-Based Violence campaigns across Scotland. This toolkit supports a number of activities which can be progressed locally and nationally to maximise the impact of this year's campaign. Click [here](#) to download the toolkit.

As part of 16 Days, the Improvement Service website will host an online calendar of events to promote and share the activity going on across the National Violence Against Women Network and any other activity relating to 16 Days in Scotland. Details of the online events can be found [here](#).

For information on what is happening here in Orkney, please contact [Jayne.Smith-Saville@womensaidorkney.org.uk](mailto:Jayne.Smith-Saville@womensaidorkney.org.uk)



## Free Togetherall mental health online community expanded in Orkney

More young people than ever in Orkney are now able to access the [Togetherall](#) online mental health community website for free.

The Council has commissioned an expansion of the 24/7 online peer to peer mental health community to enable young people, from the age of 16-31, to be able to access the digital platform for free.

For the past year it was available at no cost to 16-19-year-olds in the county. During that period around 40 young people from Orkney took self-assessments using Togetherall and raised issues including depression, social fear, anxiety, loss or trauma, obsessive or compulsive tendencies, concern about eating, phobias, concern about drinking or drugs, self-esteem and problems sleeping.

Cathy Lyner, the Council's Principal Educational Psychologist, said: *'We are pleased to be bringing this additional free mental health tool to more young people in Orkney than ever before, and would encourage anyone aged 16-31 to make use of this anonymous platform if you are experiencing difficult feelings of any kind.'*

*'Those aged 16-31 in Orkney can check in on their mental health and wellbeing, at a time that suits them and from a place of comfort. Being able to access face-to-face support is also very important for some people, but for many using these anonymous, online solutions can be an important first step in opening up and sometimes prevent the need for more complex support further down the line.'*

Togetherall supports immediate and longer-term mental health or situational distress, enabling members to feel more in control of their emotional health. The philosophy of early intervention aims to improve the mental wellbeing of members, providing them with the necessary tools and resources to manage their own journey to improving their mental health.

For further information contact Togetherall's Roisin Lynch at [Roisin.Lynch@togetherall.com](mailto:Roisin.Lynch@togetherall.com)

## Correction

In last month's newsletter we shared a volunteer voice from Orkney Talking Newspaper but the name of the volunteer was incorrectly given. The correct the name of the volunteer is Sally Bartowiak and we want to thank Sally for sharing her volunteer voice and for all the volunteers do to help Orkney Talking Newspaper. More details about how to volunteer with Orkney Talking Newspaper can be found on the VAO [website](#) or by contacting Frances Chalmers, Co-Ordinator [Orkneytn@gmail.com](mailto:Orkneytn@gmail.com) 07845 673322

# Funding & Finance



## The Lunch Club Innovation Grant

Applications for the Lunch Club Innovation Grant are still open. The scheme, launched in April 2022, aims to provide groups with funding and support to explore new ways of working following the challenges of Covid-19.

Groups can apply for funding of up to £1000, for activity taking place before March 2023. You can apply for funding for a range of costs, including PPE, venue hire, activity resources and to subsidise food.

So far, five groups in Orkney have been successfully awarded money for their projects.

We encourage groups to get in contact as soon as possible to discuss your ideas, and we can support and advise you.

To download the application visit [www.vaorkney.org.uk/lunch-clubs](http://www.vaorkney.org.uk/lunch-clubs) or if you wish to discuss please contact our Lunch Club Development Worker, Charlotte Spence on 872897 or [charlotte.spence@vaorkney.org.uk](mailto:charlotte.spence@vaorkney.org.uk)

**Did you know that VAO produces a monthly Training & Funding Update? It contains useful information and links about current training and funding opportunities as well as enterprise and governance advice. To sign up, email: [enquiries@vaorkney.org.uk](mailto:enquiries@vaorkney.org.uk) and let us know you would like to be added to the mailing list. The October update can be viewed [here](#).**

## Have your say



## Health and Social Care Scotland Communications Survey

Health and Social Care Scotland (HSCS) want to improve and develop the way they communicate with network members and wider stakeholders and have shared a short [survey](#) to gather views.

The survey is open to all HSCS network members, partner organisations and wider stakeholders with an interest in health and social care.

If you have any questions or would like the survey in an alternative format, please email [gabrielle.coyle@south-ayrshire.gov.uk](mailto:gabrielle.coyle@south-ayrshire.gov.uk)

The survey closes on 18 November 2022.

## Dates for your diary

### VAO Christmas Charities Bazaar - 26 November

The VAO Christmas Charities Bazaar is returning this year. Taking place on Saturday 26th November the popular fund-raising event has found a home in a new venue at the St Magnus Centre! Come along to browse stalls full of home baking, crafts and more. Doors open at 11am. Visit our [website](http://www.vaorkney.org.uk) to view the full list of the charities participating or contact [enquiries@vaorkney.org.uk](mailto:enquiries@vaorkney.org.uk).



## Women's Aid Orkney AGM

The Women's Aid Orkney AGM will be held on Zoom on Thursday 3 November at 6pm.

Please contact [info@womensaidorkney.org.uk](mailto:info@womensaidorkney.org.uk) or call 877900 to request a link.

## Employability Orkney AGM

The Employability Orkney AGM will be held on Wednesday 7 December at 1.00 in the Restart Showroom, 62 Junction Road, Kirkwall.

Please contact [reception@employabilityorkney.co.uk](mailto:reception@employabilityorkney.co.uk) if you would like to attend.

## Job opportunities

### Manager at Home Start Orkney



Salary: £24,570 + 8% pension and ECU

Closing date: 11th November 2022

Interviews: w/c 21st November 2022

Fixed term until 31st March 2023, pending outcome of funding application.

Home Start Orkney are recruiting a manager to oversee the daily management of our service, including the staff team and finances.

Directly responsible to the Board of Trustees, the successful applicant will work with funding bodies and partners in the local community to deliver successful outcomes for children and families.

The successful applicant will also have the ability to work both independently and as part of a team and be able to prioritise their workload.

For further information and an application pack, please contact [admin@homestartorkney.org.uk](mailto:admin@homestartorkney.org.uk) or call 07938 634075.

Home-Start Orkney is committed to a policy of equality of opportunity and is committed to safer recruitment practices as an important part of safeguarding and protecting children and vulnerable adults. This post will be subject to an enhanced PVG check.

### CLAN Cancer Support Local Services Coordinator Orkney



21 Hours per Week

Salary Band - Up to £13,122 (£21,870 FTE) depending on experience

Clan seek to appoint a Local Services Coordinator in Orkney. This is a part-time position working 21 hours per week.

The Local Services Coordinator post is an exciting and varied role working alongside the Cancer Support Services Manager to ensure Clan's support centre in Orkney is accessible and welcoming to those who have been affected by cancer. The Local Services Coordinator will be responsible for the management and co-ordination of support volunteers and therapists on a daily basis ensuring that services are delivered within existing budgets. As well as being skilled at working directly with people affected by cancer and managing the development of the centre, the Local Coordinator also requires to work closely with the Cancer Support Services Manager in excellent networking to engage and nurture relationships with local businesses, the community and supporters of Clan to maximise fundraising opportunities.

For more information and a copy of the full job description, please click [here](#) or submit your CV and covering letter stating your salary expectation to [recruitment@clancancersupport.org](mailto:recruitment@clancancersupport.org) by 5pm on 21 November 2022.

Informal enquiries can be made directly to [Karen Scott](#) on 01856 873393.

## Training opportunities

### Trainee Family Mediator at RS Orkney

Relationships Scotland Orkney has an exciting opportunity for a Trainee Family Mediator.

You can find out more about training as a family mediator [here](#).

# RS ORKNEY

**counselling, mediation & family support**

RS Orkney are running an online 'Meet the Mediator' session via Zoom on Thursday 3 November 1 – 2 pm. Please contact [enquiries@rsorkney.org.uk](mailto:enquiries@rsorkney.org.uk) if you would like to join.

## Volunteering News

### Volunteer Voice

This month we have not ONE but TWO volunteer voices! Maia Brodie and Sandra Doyle volunteers at the Greener Orkney community fridges. With fridges in Kirkwall, Stromness and now a new fridge in Dounby, could you be inspired to help too?

Maia started volunteering with Greener Orkney in March and now runs the Stromness fridge once a week. Sandra has been helping since July and regularly collects food from Wilson's, Co-Op and Gray's for the fridges. Between them Maia and Sandra volunteer over 25 hours a month for Greener Orkney and their communities— what an incredible effort!

We asked them to tell us more.

#### Why do you volunteer with Greener Orkney?

Sandra - When Greener Orkney opened the community fridge shop in Stromness. I knew I wanted to be involved because it's helping the environment by reducing food waste going into landfill and at the same time gives food to those who may need it.



Maia – Greener Orkney are doing so much to push environmentalism in Orkney and it's important that the community itself is responsible for its impact on the planet. If there's a time that people need access to free food, it's now.



## What do Greener Orkney volunteers do?



Maia –Greener Orkney volunteers have been pushing for protecting the planet and reducing Orkney's carbon footprint from 2019 by cleaning beaches and minimising food-waste. As well as collecting food and running the fridge shops, volunteers take part in beach cleans, help with climate awareness workshops, organise events and give lessons to educate on environmental issues. New volunteers are also needed to join our board of trustees.

### What skills do you need?

Sandra – A passion to do better for the environment, reasonably fit to be lifting boxes, good time keeping getting food from A to B and a pleasant manner talking to the public.

Maia – A couple of spare hours a week and a want to help Orkney combat climate change.

## What is the best thing about volunteering with Greener Orkney?

Sandra - You are doing your bit for the environment. It gives me a feel-good feeling doing something to help in my own time.

Maia – Knowing and seeing how much people appreciate what we do every week. Even volunteering a few hours, a week shows the community how we can all make a difference. I cannot recommend volunteering with Greener Orkney enough. They really do treasure every volunteer with understanding and support.

### How can I find out more?

Visit the Greener Orkney Facebook page, email [greenerorkney@gmail.com](mailto:greenerorkney@gmail.com) or give Jane Nelson a call on 07739 144064



If you have a volunteer voice to share, get in touch!

## Latest volunteering opportunities

### Greener Orkney

Inspired by Maia and Sandra? Come join the team. Click [here](#) to find out more.

### Social media volunteer for St Magnus Way

Spend all your time on Facebook, Instagram and twitter? Help St Magnus Way with theirs! Click [here](#) for more information.

### Shop helpers and Van drivers at Restart

Have an eye for detail? Like meeting people and getting outdoors? Click [here](#) to find out more.

For all volunteering opportunities visit the VAO [website](#) or contact us on 872897 or at [enquiries@vaorkney.org.uk](mailto:enquiries@vaorkney.org.uk) for more information.

**If you would like to promote your organisation, an activity or project or have an interesting story to share, please contact [Cecily.cromby@vaorkney.org.uk](mailto:Cecily.cromby@vaorkney.org.uk)**